

PPGH's Health Promotion Program - Week 5

High Blood Pressure



Palo Pinto General Hospital

Physical activity is beneficial in not only helping to control your blood pressure, but also has other added benefits such as managing your weight, strengthening your heart, and managing your stress level. All of these added benefits are also good for your blood pressure. Your risk of heart attack and stroke are increased with lack of physical activity.

The American Heart Association has the following recommendations for overall health benefits, including helping lower your blood pressure:

Most healthy people: at least 150 minutes per week of moderate-intensity physical activity, can be done as 30 minutes a day, 5 days a week

To lower your blood pressure or cholesterol: 40 minutes of moderate to vigorous physical activity 3-4 times per week

Preferably your physical activity should be spread throughout the week and done for at least 10 minutes at a time

Include stretching and flexibility

Include strengthening at least 2 days each week



Calculating your maximum heart rate is one way to

determine your exercise intensity. Use the formula of 220 and subtract your age. Your target heart rate is your maximum heart rate multiplied by the percentage of effort that you want to complete (please see your handout for further information on this). Your percentage is based on your goals for exercise and can be found in the below link.



If calculating your heart rate and keeping up with it while exercising seems to be too much, then try using a “conversational pace” which equates to moderate intensity exercise.

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Physical-Activity-and-Blood-Pressure_UCM_301882_Article.jsp#.Vkc2UHuj1-I

Palo Pinto General Hospital
400 SW 25th Avenue
Mineral Wells, TX 76067
940-325-3102

